



# Keeping kids healthy

## The importance of immunizations

There are many ways to keep our families, communities and schools safe and healthy. And one of the most important things you can do is make sure your child is up to date on his or her shots. The start of the new school year is a great time to make sure they're vaccinated.

Many states require children to get vaccines against certain diseases before going to school. You can check with your child's doctor, your child's school or your health department to learn more.

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# Recommended immunizations

Below are some common shots recommended by age. Each state has different requirements. Be sure to check with your health care provider to see what, if any, vaccines or boosters are needed for the upcoming school year.

## 4 - 6 Years

Tetanus, diphtheria, pertussis (Tdap)  
Inactivated polio vaccine (IPV)  
Measles, mumps, rubella (MMR)  
Varicella (chicken pox)  
Flu (influenza; yearly)

## 7 - 10 Years

Flu (influenza; yearly)

## 11 - 12 Years

Tetanus, diphtheria, pertussis (Tdap)  
Human papillomavirus (HPV)  
Meningococcal  
Flu (influenza; yearly)

## 13 - 15 Years

Flu (influenza; yearly)

## 16 - 18 Years

Meningococcal  
Flu (influenza; yearly)

**Immunizations are not just for kids.**  
Keep yourself and your children protected.  
Talk to your doctor about health screenings  
and vaccinations for adults.



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